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# Summary of Unit

In this Unit, the understanding is why fitness is important in overall health, but also to understand the four main factors of fitness activity (body composition, muscular strength, flexibility, and cardiovascular training). These four factors are important to teach because they help to foster lifelong habits and to present ways of exercise that may have not yet been considered. Training and meal plans will be created for different types of people such as, athletes, everyday students, adults, children, etc. Making sense of the four factors and being able to describe their meanings, as well as showing what a healthy lifestyle could look like will be carried out through many activities such as, making iMovies and blogs.

# Establish Goals

**Maine Learning Results**  
**Content Area:** Health Education and Physical Education  
**Standard Label:** H. Physical Fitness Activities and Knowledge  
**Standard:** H3 Fitness Activity  
**Grade Level Span:** Grade 6-8  
Students participate in physical activities that address personal fitness goals for the health-related fitness components

# Students will understand that

•fitness is important in overall health  
•body composition, flexibility, and muscular strength work together in fitness  
•there are various cardiovascular training techniques

# Essential Questions

•Why is fitness important in overall health?  
•How do body composition, flexibility, and muscular strength work together?  
•How is cardiovascular training important to fitness and how does it vary?

# Students will know

•vocabulary: body composition, flexibility, muscular strength, blood pressure, fitness, conditioning, diet, cardiovascular, diet, calories  
•key factual information: Certain foods boost your metabolism, muscle weighs more than fat, calories contribute to weight gain when consuming more than you use  
•sequence and timelines: Meals, exercise, stretching, cool down, water, sleep, training schedule

# Students will be able to

•describe a healthy lifestyle  
•make sense of body composition, flexibility, and muscular strength  
•design a meal and fitness plan over a weeks period  
•compare body composition and muscular strength  
•consider cardiovascular training techniques  
•recognize different cardiovascular training techniques  
  
  
**Performance Task Overview**   
The Biggest Loser is looking for video submissions for their contestants to use as motivation on the trial week home. A lot of the contestants have a hard time staying active and remembering everything they learned throughout their time on the show. It is time for you to make a video to help inspire these people to continue what they've started and remember why it's important to stay active! As a personal trainer, you will show different types of exercises incorporating the four components (muscular strength, flexibility, body composition, and cardiovascular training) into your video. The video needs to be 5-10 minutes long showing why fitness is a result of good muscular strength and body composition, but also giving these contestants a reason to push threw and persevere. Good luck!

# Expectations

**Absences:**  
Student are expected to make arrangement to meet with the teacher about missing class. Handouts will be kept in the classroom for students to retrieve when they return, but information missed during classes must be obtained from another student in the class. The teacher will make herself available if the student needs extra help.

**Plagiarism:**  
The teacher will work with each class on what it means to plagiarize so that all students are aware of the severity of the issue. Students are to refer to school policy about plagiarism. All citations must be in APA format. If a student is found to have plagiarized, they will be first spoken o by the teacher to figure out how to proceed.

**Assignments:**  
All assignments are to be turned in on the date given, however if a student has a issue that makes them unable to complete work, they must meet with or email the teacher to let them know about the situation, from there the teacher can decide how to proceed depending on the severity of the issue.

**Classroom Expectations**: Students are expected to be positive and respectful towards one another. If this becomes and issue, the student(s) will meet with the teacher on how to improve the situation to better the classroom environment.

# Benchmarks (200 points)

•**Weebly:** Create a website about body composition, flexibility, and muscular strength. Make sure to show and explain examples of each and how they all work together to make our bodies fit. **(20 points)**

•**App:** Find an app that compares and contrasts body composition and muscular strength or find 2 apps for each topic and compare and contrast them separately. Once you find these apps, you will create a new page on your weebly site, this is where you are to put your write up. **(15 points)**

•**Google Docs:** Collaborate as a group on how to present and show different cardiovascular techniques. You may use weebly as a type of presentation since we have covered how to use this technology already, but if there is another type of presentation (poster, powerpoint, etc.) that you know how to use, you may use that as well. **(20 points)**

•**Prezi:** Demonstrate and show how and where students find different types of cardiovascular techniques in everyday life. I want you to be creative and really make this presentation fun and engaging. You will be showing this to the class, so add video, color, and pictures that will interest your classmates. **(20 points)**

•**iMovie:** Show and model what a healthy lifestyle could look like. Create an iMovie with a script that shows how and why you came up with the main points of the video. This video will be a demonstration of what you have learned about fitness and why it is important to stay fit throughout your lives. This product is an intro into the final product iMovie that you will be creating. **(30 points)**

•**Blog:** Choose either a fake alias and create a blog tracking how a "perfect" daily healthy life would look like or blog your own habits and experiences and describe why they are healthy or unhealthy. You will be using blogger to complete this task. At the end of every entry, write a few sentences long reflection about how this effects your own life. **(35 points)**

**Performance task** (see above for description): **(60 points)**

# Grading Scale

**A** (93 -100), **A-** (90 - 92), **B+** (87 - 89), **B** (83 - 86), **B-** (80 - 82), **C+**(77 - 79), **C** (73-76), **C-** (70 - 72), **D+**(67 - 69), **D** (63 - 66), **D-** (60 - 62), **F** (0 - 59).

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